## Ergonomics Principle



## Use mechanical assistance Reduces highly repetitive motions

## Examples include:

- Powered rollers to move parts down conveyor lines in assembly processes
- Mechanical board turners in grading operations in lumber mills
- Automatic meat slicers in delis
- Tumblers to deburr metal parts in foundries
- Bench mounted power cutters to cut woody plants in nurseries
- Automatic box tapers to seal boxes in shipping departments
- Mechanical letter folders in mailrooms
- Pneumatic pipettors in laboratories

## Other benefits:

- Mechanical assists are often quicker than doing the job manually, which can improve productivity.
- Mechanical assists can be used to automate boring, repetitive tasks, leaving workers free to focus on the more interesting and challenging parts of the job.